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October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **WOMEN'S HARMONY**
Pursuant to 21 CFR Part 101.93, American Specialty Health &
Wellness (ASHW) files the following Statement of Nutritional
Support for the Dietary Supplement marketed as: **WOMEN'S HARMONY**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:
"Women's Harmony is a combination of herbal nutrients formulated
to provide additional nutritional supplementation to a woman's
unique nutritional needs."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **WOMEN'S HARMONY**

5) Substantiation information on file at the company office. The
corporate officer who can certify same is Dr. Doug Metz, Vice
President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

97S-0162

LET2528

Women's Harmony

Description:

Women's Harmony is a combination of herbal nutrients formulated to provide additional nutritional supplementation to a woman's daily diet. A complete, balanced assortment of essential vitamins, minerals and other nutrients is necessary to support a woman's unique nutritional needs.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

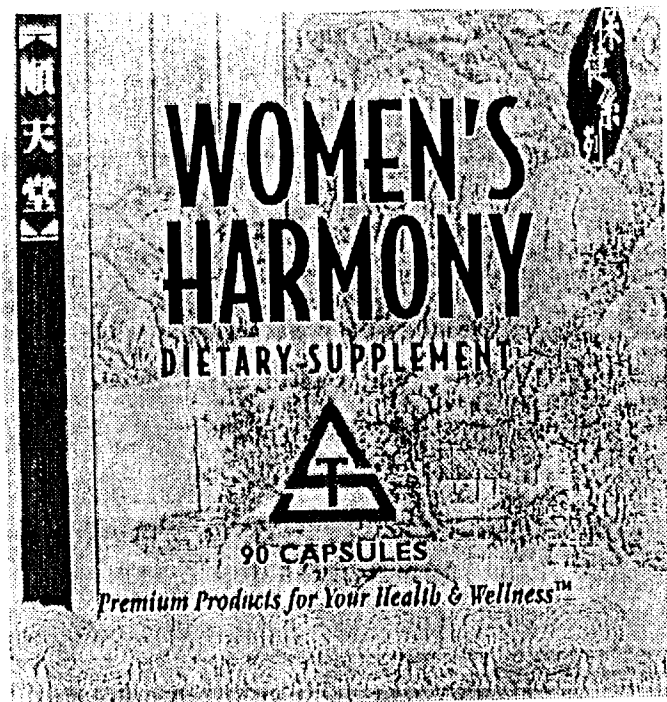
Directions For Use: Take 1 capsule 3 times per day.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™,
PO BOX 509010, SAN DIEGO, CA 92150-9040



Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 90
Amount Per Serving: %Daily Value

A proprietary herbal extract of Angelica
(Angelica sinensis root), Ho-shou-wu
(Polygoni multiflori stem), and Siberian
ginseng (Eleutherococci senticosus root) 450mg

Other Ingredients: Gelatin, cellulose, calcium phosphate
hydrous, stearic acid, magnesium stearate and silicon dioxide

*Daily Value not established

Woman's Harmony is free of wheat, corn, soy, dairy, sucrose,
starch, salt and yeast.